



Beginner's Plan

Exercise

Monday/Wednesday/Friday (any 3 days per week minimum)

- 3 - 4 minutes warmup on a cardio machine.
- Then, 8 - 12 repetitions on each machine in Silver Zone Express.
- Go through the circuit once more.
- Next, 15 - 20 minutes on a cardio machine. (can split it up and go 5 minutes on 4 different machines for example.)
- Next, 10 - 20 repetitions of an ab exercise. Repeat this 3 more times (can use different machines) for a total of 40 - 80 repetitions.
- Congratulations. If you're an All iN member go get a massage.

Nutrition

- After each workout have a protein drink mixed with 5 grams of creatine. Eat a small protein heavy meal 30 minutes to an hour later. This counts as one of your meals.
- Eat 4 small meals a day. Protein heavy, easy on the carbs.
- Avoid sugar and salty carbs like chips. The best way to do this is clean out your pantry and don't restock.

Sleep

- All you can. Preferably 7 - 8 hrs a night.